

Attitudinal Healing

Background

June 2005

About Attitudinal Healing

- Attitudinal Healing regards love as the most important healing force in the world. It is about healing our hearts and our minds.
- Attitudinal Healing defines health as inner peace and healing as a process of letting go of fear. It asserts that people can learn to love themselves and others by forgiving rather than judging.
- Attitudinal Healing teaches that there is another way of looking at the world that can change how people experience life.
- Attitudinal Healing integrates practical spiritual principles into a psychological format. These principles introduce choice into the healing process – the choice to experience peace instead of conflict, love instead of fear -- even in the face of extreme difficulty.
- It is not people or circumstances outside of us that necessarily causes us conflict and distress, but rather our emotional reaction to those events. By exploring our thoughts, feelings and attitudes about the outside events, workshop participants can eventually heal them and achieve inner peace.
- The workshop is not just for people living with illness. People who are coping with life's general crises, perhaps divorce, career change, job loss or a wish to raise their spiritual awareness, will benefit.
- Attitudinal Healing focuses on forgiveness, which is a process of letting go of our attachment to the past. It does not mean that we condone actions that are hurtful or harmful, but rather that participants focus on their own internal response to those actions, with a willingness to see differently, with peace of mind as our only goal. It is a recognition that when we forgive ourselves and others, we open the door to our own inner peace.
- Attitudinal Healing is not a religion. Founder, Dr. Jampolsky, describes it as "practical spirituality." It is non-dogmatic and does not conflict with any spiritual or religious orientation. Dr. Jampolsky, an American adult and child psychiatrist, first outlined the principles of Attitudinal Healing in 1975.
- Attitudinal Healing is not a New Age movement. The principles that embody Attitudinal Healing have been around for centuries and in many different cultures.
- Can Attitudinal Healing solve health issues? We make no claim to that effect. There is evidence that seriously ill people do better when they attend support groups and are part of a spiritual community, and we offer that information in describing our work. However, we are quite clear in stating that what we offer is an approach to healing our hearts and our minds.

Attitudinal Healing Outcomes

Workshop outcomes for participants include:

Internal Shifts:

- From Fear to Peace
- From Chaos to Calm
- From Preoccupied with Past & Future to Fully Present

Interpersonal Shifts:

- From Separate to Connected
- From Blame to Forgiving
- From Fault Finding to Strength Finding

About The Centre for Resiliency and Michael Ballard

The Centre for Resiliency is an organization helping people learn how to enhance the quality of their life by developing a resilient nature. The organization also consults with corporate clients interested in building resilient organizations. While The Centre for Resiliency was founded by Michael H. Ballard in 2004, Michael has been a keen promoter of resiliency and Attitudinal Healing for more than 17 years. The lessons he learned during his journey through a major illness taught him that there is another route to take in life. Michael is a professional speaker, facilitator and coach who has shared the platform with such notables as Dr. Robert Buchman – oncologist, author and speaker, Queen Elizabeth II, and Ken Blanchard, author of *The One Minute Manager*. His speaking engagements have seen him be the guest lecturer at Patient Education Night, organized by Mount Sinai Hospital in Toronto, Ontario and Friday at four lecture series at the Dalhousie University Medical Faculty and Brockville Psychiatric Hospital.

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www.resiliencyforlife.com - site under development – launch date July. 30 2005

www.csbcommunications.com/AttitudinalHealing - Current Site